

# Ways to support your teenager's mental health and wellbeing

## Listen

*"It's hard being a teenager. I try to stop and just listen to what my son is saying."*

## Encourage your teenager

*"My daughter has tried out lots of different activities. She has learnt skills, met new people and had new experiences."*

## Try not to get upset with your child

*"We talk about how we feel about things and what is worrying us - like doing new things or going to new places and what things can help us."*

## Talk to someone

*"I have built up a few friendships with some parents. We support each other. It's good because we don't need to explain things."*

## Take time for yourself too

*"I have learnt that I need time and space for me too. It's just being sensible - I can't help my children and be a good mum if I'm worn out and exhausted."*

## Don't blame yourself

*"I used to think it was my fault but it isn't - it's just the way it is. The best thing I can do is be there to help where I can."*



FAMILIES SUPPORTING FAMILIES

**It can be difficult to know how best to support your teenager and to make sure that you aren't neglecting your own mental health and wellbeing.**

## Let them know you love them

*"I tell my kids every day that I love them and that I am proud of them. Now they are teenagers, they tend to look embarrassed - but I don't care. They know I love them and I do."*



outside the box



These tips came from conversations we had with parents, families and teenagers, and organisations supporting families and people with poor mental health. We were supported by the Scottish Government.

We also have other hints and tips for families.

### For more information

Outside the Box Development Support  
Unit 3.10, The Whisky Bond, 2 Dawson Road, Glasgow G4 9SS  
T: 0141 419 0451 E: admin@otbds.org www.otbds.org

# Ways to support your mental health and wellbeing as a parent



FAMILIES SUPPORTING FAMILIES

## Don't compare yourself - everyone has different challenges

*"I had no idea that my friend struggled most mornings getting her children to school. She looked so sorted and organised."*

## Some things are not as important as they may feel

*"It's also good to break the routine. Get out and have a fun day and leave the washing up!"*

## Take one step at a time

*"Start by making your bed. It's one easy thing and then you can move onto gradually doing other things."*

## Try to notice when you are not feeling so good

*"I was getting weepy over little things that wouldn't normally bother me. This usually means I'm not doing so well, and I didn't want it to get any worse. So I let people know I needed an extra hand with things while I didn't feel as good."*

## Get your kids involved in your wellness time

*"Just say I'm not feeling so good today. It's good for them to think about their own feelings and those of other people."*

## Have a routine

*"I start with the essentials - food and clothes for everyone. Then if the day doesn't go as planned the important stuff is covered."*

## Be active

*"We try to go out every day. Just going for a walk gives me something else to think about and makes me fitter."*

## Celebrate what you have done, don't focus on what you couldn't do

*"I try to remember all the things I have done in a day."*

## Give yourself extra time

*"Once I started trying to fit less into the day and giving myself and the children more time to get ready I felt so much more relaxed."*

## Meet friends and people in a similar situation

*"It made me realise I wasn't alone and it wasn't just me and most people feel like this sometimes."*



The Scottish Government  
Riaghaltas na h-Alba



CORRA  
FOUNDATION



These tips came from conversations we had with parents and families, and organisations supporting families and people with poor mental health. We were supported by the Scottish Government.

We also have other hints and tips for families.

### For more information

Outside the Box Development Support  
Unit 3.10, The Whisky Bond, 2 Dawson Road, Glasgow G4 9SS  
T: 0141 419 0451 E: admin@otbds.org www.otbds.org

# Ways for Teenagers to support their Mental Health and Wellbeing

## Make a playlist of songs that make you feel better

*"My daughter has different playlists for different moods. I know how she is feeling by the music I can hear."*

## Spend time with friends

*"I like having things to look forward to do. I like to be busy doing things. I don't like having too much spare time because then I start thinking and worrying about stuff. Schools days are OK but weekends and holidays can be boring."*

## Speak to someone

*"I find it hard to chat with friends about how I am feeling and how things are. I have to really trust them first. But when I have it has really helped me."*

## Write things down

*"I use my journal to write down all the things I can't say to people but would like to. It means I get to have my say and have the last say about things."*

## Find something you like to do

*"My mum and I have film days when we spend the day watching Netflix and chatting about what we are watching - we pretend we are on Gogglebox. I have started doing this with my friends too."*

## Think about what makes you feel better and worse

*"When I was feeling bad it was hard to focus at school. I'd fall behind and feel even worse. My gran saw how stressed I was and helped me talk to the school so I could get a bit of extra support and not have to worry about being behind. It's made things much easier."*



FAMILIES SUPPORTING FAMILIES

## Find some different ways to cope with things

- If you're feeling frustrated or angry, try ripping up paper, shouting into a pillow, or going for a run.
- If you're feeling numb and disconnected, try having a cold shower or hold ice cubes or a frozen orange- this is helpful as the cold can help you feel more connected and the orange scent is calming.
- If you're feeling sad, try spending time with a pet, watching one of your favourite films, phone a friend for a chat or try some breathing exercises.

## Go for a walk or go outside

*"When I'm feeling fed up I take the dog for a walk. It gives me a bit of space and time. The dog likes it and I have to think about other things."*



These tips came from conversations we had with parents, families and teenagers, and organisations supporting families and people with poor mental health. We were supported by the Scottish Government.

We also have other hints and tips for families.

### For more information

Outside the Box Development Support  
Unit 3.10, The Whisky Bond, 2 Dawson Road, Glasgow G4 9SS  
T: 0141 419 0451 E: admin@otbds.org www.otbds.org